

Free pasta and sauce pairing guide

BANNOCKBURN, Ill. (AP) — There are ideal matches for pasta and sauce, and they can make all the difference to taste and mouth feel, authorities say. According to Italian tradition, not just anything goes with your spaghetti or bowties. Chef Roberto Donna, James Beard award winner, and Barilla, the Italian pasta makers, have collaborated in drawing up a guide to ideal pasta matching, offered free. The free guide, a fold-out pairing chart, well-illustrated in color, is available by calling (800) 922-7455, and leaving a message requesting the “Barilla Pasta & Sauce Pairing Guide.” The chart is also available by mail from “Barilla Perfect Pair Chart,” 1200 Lakeside Drive, Bannockburn, IL 60015-1243.

Pretzels

continued from 1C

The Culinary Institute of America’s “Baking and Pastry, Mastering the Art and Craft” cookbook, scheduled for publication March 2004.

Soft Pretzels

6 cups bread flour  
1 1/2 tablespoons (or two 1/4-ounce packages) active dry yeast  
2 cups warm water  
3 1/2 tablespoons butter, softened  
2 tablespoons brown sugar, packed  
1 tablespoon salt  
For the Dipping Solution:  
6 cups warm water  
6 tablespoons baking soda  
Coarse salt for garnish

In the bowl of a mixer fitted with a dough hook attachment, stir together the yeast, a pinch of the brown sugar, and 1/2 cup of the warm water. Allow mixture to sit for 10 minutes.

Add to the yeast mixture the remaining 1 1/2 cups of warm water, butter, brown sugar, flour and salt. Begin mixing on low speed for 2 minutes and then on medium speed until the dough begins to pull away from the sides, about 2 to 4 minutes.

(If mixing by hand, follow the same procedure for the yeast mixture. In a large mixing bowl, add the remaining ingredients in the same order listed above. Mix with wooden spoon until incorporated. Turn out onto work surface and knead for about 10 minutes — the dough will be stiff, yet smooth.)

Turn the dough onto a work surface and knead about 5 minutes — the dough

will be stiff, yet smooth. Place dough into lightly greased bowl and cover with kitchen towel. Allow to double in volume, about 1 hour.

Punch down dough, transfer to work surface, and divide into 12 equal pieces. Form the dough into oblong pieces, cover with plastic wrap, and rest dough for 5 minutes.

Meanwhile, line two cookie sheets with parchment paper and set aside. Working with one piece at a time, roll dough to 30 inches in length. (For traction when rolling, spray a fine mist of water on the work surface.) Lay the dough on the table in a U-shape and cross the ends over each other. Twist the ends together once. Bring the ends down and attach them to either side of the thicker center of the dough, pressing to seal them. Place pretzels on parchment-lined cookie sheets (6 per cookie sheet) and let rise, uncovered, for 25 to 30 minutes.

Preheat oven to 450 F. Prepare dipping solution by mixing the baking soda and warm water in a stainless-steel bowl. Add a couple of pretzels at a time, allowing to soak for 10 seconds. Using a slotted spoon, lift the pretzels from the solution and place on lightly oiled parchment-lined cookie sheets. Let pretzels dry slightly and sprinkle with coarse salt. Bake for 12 to 15 minutes, or until deep golden brown.

Homemade soft pretzels are best eaten the same day. Do not store in covered container.

Makes 1 dozen large soft pretzels.

Nutrition information per pretzel: 290 cal., 9 g pro., 52 g carbo., 4.5 g fat, 1,080 mg sodium.

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Mediterranean Grill shares its recipes

From the Mediterranean

Falafels

12 cups cooked garbanzo beans (4 cups dry)  
Water  
2 cups bulgur  
3 ounces crushed garlic  
3/4 cup chopped parsley  
4 teaspoons ground coriander  
4 teaspoons ground cumin  
1 teaspoon hot chili powder  
1 cup lemon juice  
2 tablespoons salt  
Fresh ground pepper to taste  
4 teaspoons baking powder  
1 cup flour  
Oil for frying

Soak garbanzo beans over night and cook about 8 to 10 hours or until tender.

Soak bulgur in 4 cups of boiling water for about 10 minutes.

Place garlic cloves in food processor and grind. Drain garbanzo beans and place in the processor with parsley. Grind until it forms to paste.

Drain bulgur if necessary and mix with the garbanzo bean mixture and blend.

Blend in remaining ingredients except flour and baking powder.

Scrape the sides of the



bowl occasionally.

Process until finely ground and paste-like in consistency.

Remove mixture to a mixing bowl. Combine baking powder and flour and blend in thoroughly. Taste and adjust seasoning if necessary and let rest for 30 minutes in the refrigerator.

Pinch of a handful of the falafel mixture and shape into a 2-inch diameter fat round cake.

Fry in a pan with hot oil. Serve as hot or warm in pita bread with tomatoes, fresh greens and Tahini Sauce (recipe below). Serves 24; five per serving

Tahini Sauce  
(Taratur Bi Tahini)

8 cloves garlic  
Salt  
2 cups tahini  
1-2 cups water

2 cups lemon juice

Crush garlic cloves with 1/2 teaspoon salt in a food processor.

Add tahini and process for a few seconds.

Add lemon juice and water alternately, a little at a time, until desired consistency is reached.

Blend in salt to taste. Makes six cups — 24 servings; 2.0 ounces per serving.

Antipasto Misto

1 pound zucchini  
1 pound yellow squash  
1 pound baby artichokes  
1 pound red bell peppers  
2 pounds tomatoes  
1/2 cup fresh basil  
2.5 pounds mozzarella  
Sicilian Caponata (recipe below)

Wash and slice vegetables. Grill to brown with

seasoning. Serve with caponata, mozzarella and fresh basil. Serves 30.

Sicilian Caponata

1-1/2 cup olive oil  
4 onions chopped  
4 pounds peeled and diced fresh tomatoes  
8 medium eggplants, diced  
4 tablespoons capers, drained  
4 ounces green olives, chopped  
1/2 cup fresh basil chopped  
4 tablespoons pine nuts, lightly roasted  
3/4 cup balsamic vinegar  
4 tablespoons sugar  
Salt and pepper to taste

Heat 4 tablespoons olive oil and sauté onions for 5 minutes.

Stir in tomatoes and simmer, uncovered for 5 minutes. Add vinegar and sugar. Continue simmering for 15 minutes. Heat remaining oil in a large skillet and cook eggplant until tender and golden brown.

Add eggplant to the tomato sauce. Add capers, olives and pine nuts, season with salt and pepper. Simmer 2-3 minutes. Stir in basil, transfer to a serving dish and let cool. Serves 30.

ular country. The buffet includes many dishes not on the menu in addition to popular entrée items.

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Grill

continued from 1C

ent is that we prepare all our foods from fresh ingredients,” Ozer said. “Nothing comes prepared for us.”

The menu includes pasta, seafood, steak, veal and lamb, as well as several vegetarian dishes. Ozer said special dietary needs are graciously accommodated. A selection of beer and wine is available, and the dessert menu includes tiramisu, crème caramel, baklava, revani and kataifi.

The Park Avenue storefront where the Mediterranean Grill is located

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downtown has undergone a three-month renovation that includes the construction of a huge, brick oven, which Ozer and his staff use to bake breads, pizzas and calzones.

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